

Conshohocken, PA -- On Sunday, March 4, Congressman Joe Sestak attended the Polish American Polka Dance at the Thaddeus Kosciuszko Club in Conshohocken.

"I was proud to attend the Polish American Polka Dance today with so many of my constituents" noted Joe. "Whether it's meeting with the Polish American community, the Chinese-American community, the Irish community, the Asian Pacific American community, or other communities, our district has a rich cultural heritage and the Polish American community is a strong part of it. Today's polka dance represents the tremendous work this community does of organizing patriotic, historical, education, and civic events that enhance positive public awareness of Polish causes, traditions, and the many contributions of persons of Polish descent."

In his conversations with people, Joe spoke on many of the issues he ran-on, including the war in Iraq, veterans issues, and health care.

*Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. House of Representatives.*

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